



**END US
AT THE DODGE
COUNTY FAIR**

Dodge County Facts

- ⇒ Cows outnumber people here!
- ⇒ Has a population of 88,068
- ⇒ Only 47.3% are women
- ⇒ 6,286 are veterans
- ⇒ Over 400,000 acres are farmed
- ⇒ Horicon Marsh is the largest freshwater cattail marsh in the United States



Powerful Tools FOR Caregivers



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 90 minutes once per week on Wednesday for six weeks.

Dates: Sept. 25th – Oct. 30th, 2019 (Wednesdays)

Time: 9:30 - 11:00 am

Location: Watertown Public Library
100 S. Water St.

Cost: FREE (\$10 suggested donation for book)

To register, call the ADRC of Dodge County
920-386-3580

****Space is limited - register early!****

Health Benefits of Music

Now available thru the



Music has many therapeutic benefits for seniors and sometimes helps more than medication. In documentaries like **Alive Inside**, we've seen how music can deeply affect older adults with cognitive issues.

"We're using music to better understand brain function in general," according to Daniel Levitin, a prominent psychologist who studies the neuroscience of music at McGill University in Montreal. (quoted on CNN)

Levitin and colleagues published an analysis of 400 studies in the journal *Trends in Cognitive Sciences* suggesting the answer is YES.

They learned that patients who listened to music had less anxiety and lower cortisol than people who took drugs. Levitin and colleagues also highlighted evidence that music is associated with higher counts of cells that fight germs and bacteria.

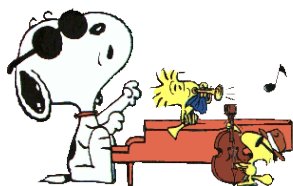
"The promise here is that music is arguably less expensive than drugs, and it's easier on the body and it doesn't have side effects," Levitin said.

Other studies say that **music** can also:

- *Reduce pain
- *Reduce blood pressure
- *Help post-stroke recovery
- *Improve memory and engage people with memory disorders like Alzheimer's or dementia
- *Have an anti-seizure effect



These are all great reasons to *make music a part of your senior's daily routine*. As a bonus, music might help you feel happier and less stressed too!



To get these benefits, you need to play music that your older adult enjoys. For help with finding the right music for your senior, call the ADRC and ask to talk about

Music and Memory.

We can even loan you the equipment! **Call the ADRC 920-386-3580**

Help for caregivers is available in many different ways:

- * 24 hour call in line - **Alzheimer's Association** (always answered by a person) 800-272-3900
- * **Free telephone learning sessions** (register ahead by calling 866-390-6491) different subjects each time. <http://caregiverteleconnection.org>
- * **Veterans Caregiver Support** Line 855-260-3274
- * Visit **Caregiver Connection** on Facebook
- * Online help from **AARP**: <http://www.aarp.org/home-family/caregiving/>

Call the ADRC 920-386-3580

